

southwest chicken soup

Makes 6 servings

RECIPE FROM: [Against All Grain](#)

PREP TIME: 10 minutes

COOK TIME: 20-30 minutes

2 lbs boneless skinless chicken thighs
3 medium-sized sweet potatoes
4 whole carrots
2 tsp fresh lime juice
1 tsp minced garlic
2 cups salsa
4 cups chicken or vegetable broth
sea salt and pepper, to taste
2 cups chopped fresh spinach and/or kale
Garnish: chopped cilantro and/or diced avocado

SUBSTITUTIONS/NOTES

To make this vegetarian, omit chicken and stir in 2 cans of drained chickpeas towards the end with the spinach/kale or serve with cooked tofu/tempeh.

To make this in a slow cooker, add all ingredients except spinach/kale and cook on low for 6 hours. Then follow the remaining Instant Pot Method steps.



PEEL and cube sweet potatoes (peeling is optional), slice carrots and, if needed, chop spinach/kale.

INSTANT POT METHOD

PLACE chicken, cubed sweet potatoes, sliced carrots, lime juice, garlic, salsa, chicken broth, salt and pepper in Instant Pot.

SECURE and lock lid. Set valve to the Sealing Position.

PRESS the Soup button and set to 35 minutes for frozen chicken or 15 minutes for fresh chicken. If you do not have a Soup button, select High pressure for 35 minutes.

WHEN the timer beeps, release pressure manually until the float valve drops and then open the lid.

REMOVE chicken and shred using 2 forks.

SCOOP out 1 cup of the veggies/broth and using a stick or immersion blender, blend the remaining soup in the pot until smooth.

ADD shredded chicken and reserved veggies back to the pot along with spinach and/or kale. Stir until combined and the spinach/kale is slightly wilted.

ADJUST seasonings with salt and pepper if needed and serve with cilantro and/or avocado if desired.

STOVE TOP METHOD

PLACE chicken, cubed sweet potatoes, sliced carrots, lime juice, garlic, salsa, chicken broth, salt and pepper in a stockpot over medium-high heat.

BRING to a boil, cover, reduce heat to medium-low and simmer for 1 hour.

REMOVE chicken and shred using 2 forks.

SCOOP out 1 cup of the veggies/broth and using a stick or immersion blender, blend the remaining soup in the pot until smooth.

ADD shredded chicken and reserved veggies back to the pot along with spinach and/or kale. Simmer for 10 minutes or until the spinach/kale is slightly wilted.

ADJUST seasonings with salt and pepper if needed and serve with cilantro and/or avocado if desired.